

# CFC #2 News to Use

Winter 2008

## Pathways Sets Standards for Tummy Time

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### Websites of interest:

Child and Family  
Connections #2:  
[www.co.lake.il.us/health/chs/family/cfc/cfe.asp](http://www.co.lake.il.us/health/chs/family/cfc/cfe.asp)

Illinois Early Childhood  
Intervention Clearinghouse:  
[www.eicclearinghouse.org](http://www.eicclearinghouse.org)

IL Early Intervention  
Training:  
[www.illinoiseittraining.org](http://www.illinoiseittraining.org)

StarNet Region II:  
[www.thecenterweb.org/starnet/](http://www.thecenterweb.org/starnet/)

### Why Tummy Time is More Important Than Ever

Although the back-to-sleep initiative has effectively reduced cases of Sudden Infant Death Syndrome (SIDS) by 40 percent, babies now miss out on the 12 hours of tummy time they used to get during sleep. As a result, many babies don't get the stretching and strengthening of the back and neck muscles they need, which can lead to or exacerbate an early motor delay.

Most parents know to give their children tummy time. But how much tummy time is necessary? When should babies start? What activities are best?

The Pathways Awareness Medical Round Table is a group of experts on early motor delays – pediatricians, surgeons, physical therapists, nurses, and researchers. Based on mounting research and the wide variety of opinions on the amount of tummy time babies need, the Pathways Medical Round Table developed a set of standards for tummy time that outline when to start, how much babies need, and the best ways to encourage tummy time.

Research shows that one in four babies is diagnosed with an early motor delay, and 400,000 babies a year are at risk. The term "early motor delay" describes a wide variety of conditions, ranging from low muscle tone to cerebral palsy. Some early motor delays are present at birth, and others develop or are exacerbated because the baby doesn't get enough tummy time. The good news is that most cases are not serious, and with physical therapy and a strategy for tummy time while awake, most children can catch up quickly.

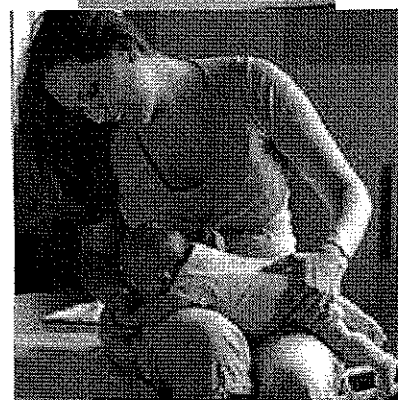
### Tummy Time for Newborns

#### Starting with the Youngest

Newborns sleep a lot. And parents are naturally mainly concerned with the basics - feeding, changing, bathing, and bonding - leaving little time for anything else. Nevertheless, there are some tummy time tips for this age, with activities centered around carrying and calming your baby.

- Start small: aim for a few minutes at a time, several times a day.
- Lay your baby tummy down across your lap to settle him down instead of

holding him upright on your shoulder.



- Enjoy some together time. Lie down and place your baby "tummy-to-tummy" or "tummy-to-chest."

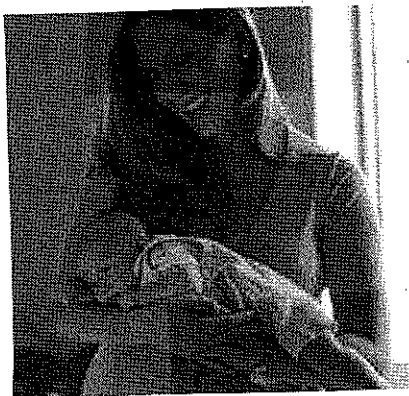
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- When carrying your baby around the house, carry her tummy-side down instead of upright.



## Tummy Time for Babies Three Weeks and Up

### Incorporating Tummy Time into Your Daily Routine

- Babies love faces. Place your baby on her tummy and get down on the floor with her!
- Voices are also great motivators. When your baby is on her tummy, talk or sing to her.
- Change your position to encourage head movement. Position yourself in front of your baby to encourage head lifting, and to the sides to

encourage head turning. If you see your baby prefers to hold his head turned to one side, try to do more activities to encourage head turning to the opposite side. If this is not changing and becomes the position of preference, bring this up to your pediatrician or health professional.

- On the floor, roll up a small towel or receiving blanket and place it under your baby's chest and arm-pits to prop him up. Get down on the floor and play with him, and scatter some toys near him to look at and reach for. Mirrors are particularly interesting, but mom's or dad's face is the most interesting of all.
- Play "airplane." Fly baby around the room tummy down.
- Incorporate tummy time into your daily routine. For example, every time you change your baby, do a little



tummy time. Once your baby expects it, she may not protest so much!

- As your baby grows, slowly increase the amount of tummy time

per day, aiming to get an hour total of tummy time by the end of three months. This shouldn't be all at once, but in spurts throughout the day.

For more information on child development please visit:

<http://www.pathwaysawareness.org>

Two articles on the website you might be interested in reading:

*"Making Time for Tummy Time"* by Erika Gimbel

*"Prone Development the Case for Tummy Time"* by Timmie Wallace, PT, NDT/Bobath Coordinator-

## Lake County Interagency Council for Early Intervention (LIC)

Contact Darla Walker at 847-782-6299 or [dwalker@co.lake.il.us](mailto:dwalker@co.lake.il.us) to reserve your seats

The Lake County Interagency Council for Early Intervention is comprised of Lake County families and community agencies working together to promote and ensure a comprehensive, family-centered system for children ages birth to 3 with developmental delays.

Please come join us as we work together to identify successes and barriers to ensuring this happens. Your input is vital to our growth.

### 2009 Meeting Dates:

1/23/09

3/20/09 (meeting one week early due to Spring Break)

7/24/09

9/25/09

11/20/09 (meeting one week early due to Thanksgiving Holiday)

All meetings are held from

12:00 noon to 1:30 P.M.

Lake Forest Outpatient & Acute Care Center

Conference Rooms A & B

1475 E. Belvidere

Grayslake IL 60030

Bring your lunch or purchase it at the Hospital's café.

# Child and Family Connections #2 EI Recognition Night

Sponsored by  
Child & Family Connections #2 and  
Lake County Interagency Council for Early Intervention (LIC)

Organized by  
Darla Walker,  
LIC Coordinator

**When:** Wednesday, 12/17/08

**Time:** 5:30 PM—7:30 PM

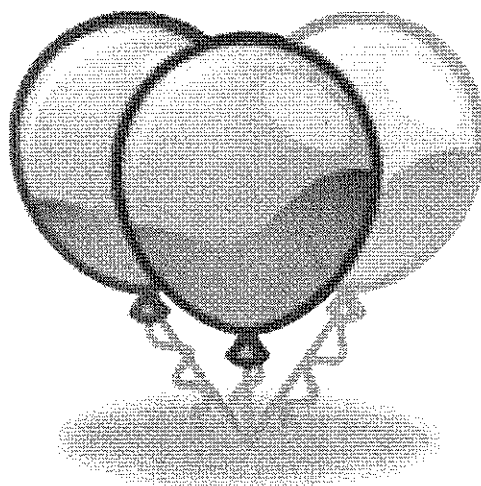
**Where:** Conference Rooms A&B  
Lake Forest Outpatient  
and Acute Care Center  
1475 East Belvidere  
Grayslake, IL, 60030

Please RSVP by Wednesday,  
12/10/08:

Call Darla Walker at 847-782-6299 (you may leave a voicemail message - please include your service coordinator's name when responding).

Come celebrate our  
partnerships within  
our communities.

You are our  
cause for  
celebration!



Families who need assistance with child care costs may call Darla Walker at 847-782-6299 to request information on how to receive a \$25.00 stipend to help defray the cost.

## Why Participate in the Local Interagency Council (LIC)?

Some of the advantages for Early Intervention family members participating are:

**A network of support:** family members meet representatives from agencies that provide services to children under the age of 5; some of these agencies can provide direct and indirect support to EI families.

It is also a place where our EI families can meet one another.

**Gives you a voice** in the EI System - how it is implemented in Lake County - as well as an opportunity to **develop advocacy skills.**



LIC meetings are a place to gather useful **information** and helps families **prepare** for changes in

small and large ways.

Please join us to let us know what you feel are the **benefits of the Early Intervention System** as well as areas that you feel could be improved.

We look forward to meeting you.

2424 Washington Street, Suite 210  
Waukegan IL 60085

Phone: 847-782-6151  
Fax: 847-360-3176  
E-mail: [Fjahnke@co.lake.il.us](mailto:Fjahnke@co.lake.il.us)

### *Empowering Families*

Join us on 12/17/08 for  
our EI Recognition Night:  
see page 3 for details

## Trying to go Green

In an effort to conserve natural resources, time and money, we are trying to go green at the Child and Family Connections #2 office.

Please help us advance our efforts by signing up to receive this quarterly newsletter via e-mail.

If you are interested in receiving this via e-mail please send your e-mail address to

[fjahnke@co.lake.il.us](mailto:fjahnke@co.lake.il.us)

Thanks for your support.



## Things of Interest

**CHILD TAX CREDIT IMPROVEMENTS ENACTED:** The economic stimulus package signed by President Bush includes significant improvements in the child tax credit for 2008 only. Families earning \$8500 or more will be eligible for a partial credit. For more information go to the Center on Budget & Policy Priorities Report at <http://www.cbpp.org/5-15-08tax.pdf>.

The Food and Drug Administration has a website that provides timely safety information on drugs and other medical products regulated by it, including how to notify the FDA of adverse reactions: <http://www.fda.gov/medwatch>.

Six government regulatory agencies that monitor consumer products, food, medicine, cosmetics, motor vehicles, car seats, environmental products, meat & poultry products, and boats & boating safety list re-

cent recalls on the following website:  
<http://www.recalls.gov>.

**Watch your mail for information regarding upcoming CFC #2 Play Dates.**

The CFC #2 Staff  
hope you have a  
safe, happy, and  
healthy holiday  
season.